

# School Breakfast Newsletter Inserts

*For use in any school or organization's newsletter*

## **SEPTEMBER: [Free and Reduced Priced Meal Applications: Vital for State Funding!](#)**

Your family received a Free and Reduced Price Meal Application. This application serves two purposes:

1. It helps the food service director to determine if your family qualifies for full-price, reduced price or free school meals. This includes full-price, reduced-price or free School Breakfast as well! School Breakfast is available to *all* students every school day as another option.
2. The application is also used to determine how much state funding our school receives for supplies like books, classroom furniture, and other school resources. *It is important that all families complete and return these applications to the school.*

### **[School Breakfast Information](#)**

**Serving Time:** 7 a.m. **Price:** \$1.25 paid, \$.30 reduced\*, free\* (\*if qualified)

No advance registration necessary! All students are welcome every day!

*This institution is an equal opportunity provider and employer.*

## **OCTOBER: [How Was Your Last Report Card?](#)**

Want to help your kids succeed academically? Send them to the School Breakfast Program. Research shows that "children who attend school hungry often have diminished attention spans and are unable to perform tasks as well as their nourished peers. In these cases, the full value of the education provided is lost." On the other hand, school breakfast participation has been shown to improve test scores, make kids more alert in class, and improve classroom behavior. Make sure your kids start the school day with a delicious meal – you'll see the results in their report cards!

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## **NOVEMBER: [Good for Kids; Good for Parents!](#)**

For parents with busy schedules, it's sometimes difficult to ensure that kids are eating a healthy breakfast before they head off to school. Children often aren't ready to eat right after waking up, and it can be challenging to find nutritious breakfast foods they like. Some kids refuse breakfast at home but feel hungry when they arrive at school. Your school offers a great breakfast for all students. If morning meals are difficult for your family, let the School Breakfast Program help you out!

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## **DECEMBER: [School Breakfast Facts](#)**

A great breakfast program is offered in the cafeteria every day. Here are five good reasons to send your child:

1. It's easy: instead of running around in the morning trying to make sure your children are eating a nutritious meal, why not just leave it to us? They'll get a great breakfast and have time to hang out with friends before classes begin. Also, no dishes for you to wash.
2. It's inexpensive.
3. It's tasty. There are so many choices. Go ahead and see for yourself. New menus are available every month.
4. It makes them smarter: According to the Tufts University School of Nutrition Science and Policy, "Children who participated in the School Breakfast Program had significantly higher standardized achievement scores than eligible non-participants."
5. It makes them healthier: Harvard Medical School/Massachusetts General Hospital found that students who ate School Breakfast reduced hyperactivity, decreased absence and tardy rates, and improved behavior.

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#### **JANUARY: [Start the Day \(and the Year\) Right](#)**

Make sure this year's resolutions include guaranteeing your kids a balanced, nutritious breakfast every day. If your morning schedule makes this difficult, or your kids aren't hungry early in the morning, send them to school for breakfast. Many nutritious foods are available every morning in the cafeteria for ALL students. Help your kids to make this semester a success!

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#### **FEBRUARY: [Breakfast Logic](#)**

When students need to take achievement tests, schools strongly urge them to eat breakfast first on testing days. Why? Because we know that when students eat breakfast, they perform better and are better able to concentrate. Yet on "normal" days, many students fail to eat breakfast: they're too busy, too tired, or just don't know what to eat. Let's help students to perform better *every* day, by making sure they eat a healthy breakfast at home or at school.

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#### **MARCH: [March includes National School Breakfast Week](#)**

During March, schools throughout the country will celebrate National School Breakfast Week with visits from national, state and local leaders, food demonstrations, games and other activities. It is a great time for your child to try school breakfast.

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#### **APRIL: [What's Cooking?](#)**

Some mornings, it's tough to find the time to make sure your kids are eating a nutritious breakfast. On those days, why not send them to the School Breakfast Program? Each meal meets government nutritional guidelines, which means offering a combination of four food components 1) milk, 2) fruit/vegetable/juice, 3) grains (biscuit, muffin, bagel, cereal and granola bar) OR 4) meat or other high protein foods (cheese, egg, peanut butter, beans, sausage and nuts). Check your child's menu to see the variety of nutritious choices available at School Breakfast, or stop by to sample the food yourself!

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#### **MAY: [Fight End-of-the-year Slump!](#)**

As the summer approaches, kids are often more restless and distracted at school. You can help to make sure that their last weeks of school are productive by ensuring that they begin the day with a nutritious breakfast. Studies show a good breakfast makes kids more alert, less distractible and better behaved in school; it even improves their test scores! Let's keep our students focused by making sure they begin every school day with a balanced meal at home or at the School Breakfast Program.

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